



UPCOMING WINTER FITNESS WORKSHOPS

AT ROGER CARTER COMMUNITY CENTER

Foam Rolling Techniques - Aerobics Room

January 9 / Free for members, \$4 for nonmembers

Suffering from pain and soreness after your workout? Try foam rolling! Come join a comprehensive workshop explaining the concept of self-myofascial release and the benefits it can have on flexibility, recovery, and performance. It includes a hands on demonstration of foam rolling techniques for every major muscle in your body.

8:30-9:30 AM Saturday

Flexibility and Balance - Aerobics Room

February 13 / Free for members, \$4 for nonmembers

This class focuses the importance of maintaining stability and flexibility as you grow older. Learn how strength, balance, and flexibility work together to maintain proper posture and prevent postural distortions. Practice proper stretching technique and basic balance exercises designed to improve your activities of daily living.

8:30-9:30 AM Saturday

Basics of Nutrition - Rockwell Room

March 12 / Free for members, \$4 for nonmembers

Have questions about nutrition? Then this class is for you! You'll learn the importance of proper nutrition through an examination of macronutrients and how they're stored / utilized by the body. Discuss how to maintain a balanced diet based on your metabolism and fitness goals. You'll leave class feeling self-confident that you can make the proper nutrition choices!

8-9:30 AM Saturday

Information: Alecia Harvey, 410-313-2763
or aharvey@howardcountymd.gov.

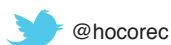
Registration: 410-313-2764,
www.howardcountymd.gov/rap or
3000 Milltowne Drive, Ellicott City, MD 21043.



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ROGER CARTER
COMMUNITY CENTER



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